

## MY JOURNEY AWAY FROM PLASTIC – Week ONE of FOUR

*Praise be to you, my Lord, through our Sister, Mother Earth, who sustains us. This Sister cries out to us, because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her.*

*Pope Francis, 'Laudato Si – On Care for Our Common Home' # 1-2*

***From poisoning and injuring marine life to disrupting human hormones; from littering our beaches and landscapes to clogging our waste streams and landfills; the exponential growth of plastics is now threatening the survival of our planet!***

*Earth Day 2018 Campaign*



**SDG 12** - Sustainable Consumption and Production. Aim is that by 2030 through **prevention, reduction, re-use and recycling**, we will reduce production of waste.

WHAT  
COULD I DO?

Eliminate 'one-use plastic' from my life i.e. plastic straws, vegetable, fruit and meat packaging. At home, use dishes or jars to store food, instead of using cling film.

- Take personal responsibility for the plastic pollution I generate. Choose other options.  
<https://myplasticfreelife.com/plasticfreeguide>
- Check this *Plastic Pollution Resource* to learn more about the damage plastic causes:  
[www.earthday.org/wp-content/uploads/Plastics-pollution-primer-master-file-for-website.pdf](http://www.earthday.org/wp-content/uploads/Plastics-pollution-primer-master-file-for-website.pdf)



### Further information:

- **Plastic Ocean-United Nations** [https://www.youtube.com/watch?v=ju\\_2NuK5O-E](https://www.youtube.com/watch?v=ju_2NuK5O-E) explains the incredible negative impact, millions of tons of plastic have on the ocean.

***NB. Watch out for Weeks 2, 3 and 4 leading to Earth Day April 22<sup>nd</sup> ....***